

## HOW TO BABY TO SLEEP FAST

Got a newborn in the house? No matter how adorable they may be, when babies start crying just when you're falling asleep or right in the middle of the night or maybe in the wee hours of the morning, you just can't help the frustration and anger at the situation from arising, even just in your head.

**If you want to learn the best way to get your baby to sleep fast.**

How can you work the next day? How can you achieve full success or unveil your full potential if you're all sleepy and sluggish at work? How can you make lots of money for your baby's future if the adorable little one won't let you sleep at night? And most of all, how can you enjoy playtime with your new baby if you lack rest and can fall asleep at any time?

Don't let sleepless nights sap the joy out of being a new parent. There are easy ways to make babies fall asleep quickly and to make them sleep soundly all throughout the night to prevent midnight disturbances.

**1. Schedule bedtime and stick to it.** From the start of your new adventure, make sure to set a particular bedtime schedule. This way, your baby's body clock will be used to that schedule. If this happens, you don't even have to do anything to make your baby fall asleep. He or she will feel sleep at exactly the right time. This will help prevent sleep disturbances especially in the long run.

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**2. Feed your baby well during the day.** A lot of babies wake up in the middle of the night to ask for food. They just wake up because their bodies need food. This happens more frequently if you don't feed your baby well during the day. The body recognizes the need for food and alerts your baby regardless of what time it is. So by keeping him or her well-fed, you can keep your baby sleeping all throughout the night.

**3. Learn transitioning techniques.** There are a lot of what are called "transitioning techniques," which refer to positions or actions that can help your baby transition smoothly from wakefulness to sleep. Transitioning techniques include rocking, nestling, nursing down, swinging, and so on.

**4. Buy the right sleep products.** Make sure your baby is perfectly comfortable in his/her crib, crib mattress, blanket, pillow, and sleep clothes. Best to go for cotton sleepwear; organic is also the way to go especially if your baby shows signs of being prone to allergy. Choose a mattress that is neither too soft nor too firm. Keep your baby comfy so there will be less reasons to be disturbed at night.

**5. Play subliminal CDs for babies.** Buy yourself some subliminal CDs or tapes for babies. These often contain songs or sounds that are really recorded to help babies fall asleep faster. These usually use repetitive and monotonous sounds that lull a baby's mind to a sleep state. This is actually what lullabies are for, although some subliminal audio CDs are said to work better. There are now a lot of subliminal CDs targeted to babies so you and your baby can sleep soundly by just playing some music in the room.

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